

ANTHROPOMETRIC WORK
OF AMHERST COLLEGE x x x x



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One of the results of the Anthropometric work of Amherst College, has been THE APPROXIMATE MEASUREMENTS AND TESTS OF THE AVERAGE COLLEGE STUDENT, as obtained from the 1258 different men observed during the past six college years. These are numerically and graphically arranged on the opposite page.

The study of the present paper is to show THE RELATION OF THESE STATISTICS TO THE SAME IN THE ATHLETIC STUDENT.

The men from whom these have been obtained were either class captains, the ball nine, the foot ball team, or, first prizes in the Gymnastic Exhibition, and athletic games. Fifty-seven men in all.

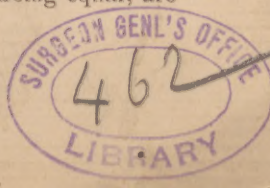
A study in connection with these, is, what physical conditions, if any, specially characterise the athletic man in distinction from the average man, or student. The chart on the next page shows a very close relation between the *measurements* of these two groups, but a little broader one in *tests of strength and capacity*, the greater one being in favor of the athletic man. The common consent of mankind would probably place in the same category *great size and great strength* of body, but in *feats of skill*, our *statistics do not confirm this combination* as a fact in nature. So far as Amherst College results are concerned, they seem to show that the athletic men are not athletic because of a greater height of body than the average, as the difference between them in this feature is only a centimeter, or four-tenths of an inch. Of the fifteen men who took first athletic prizes in 1886, four were above, and eleven below the average height of the college; and of the nine first prize men at the Gymnastic Exhibition, three were above, and six below the average height.

Another grouping of these statistics shows us what items are most alike in the make-up of these men. As already mentioned, the heights are nearly the same. So are the lengths and other measures of the frame-work, such as sitting height, length of arms and feet, and the breadths, which are determined by the bones as a basis of measurement. Of *eighteen bony measurements*, twelve give no greater difference than a single millimeter, or one hundredth of one per cent. between the two. Of eleven of the *soft or muscular measures* including the variable and developmental parts of the body, the range of difference is from five to forty-seven millimeters, or 3.3 per cent. differences between the two. And of the tests of *strength and capacity* we find an average of 7.2 per cent. in favor of the athletic man.

Or we may group the items as in the graphic form. Here we find the increase in favor of the athletic student in *weight*, is 6.92 per cent.; in *lengths*, 0.14 per cent.; in *breadths*, 1.42 per cent.; in *girths*, 2.56 per cent.; and in *tests*, 10.24 per cent.

The grain of truth derived from these pages seems to be that athleticism does not seem to depend so much on physical gifts, accidents, or circumstances, as in the energy of will which is put into the muscles. The long arm and leg, and the big muscle do not insure the feat, but the skill in using them. It is the intelligent training, and not the big measures, which determine the standards of excellence in our athletic feats and sports.

President Garfield said: "There is no way in which you can get so much out of a man as by training; not in pieces, but the whole of him; and the trained men, other things being equal, are to be the masters of the world."



PHYSICAL MEASUREMENTS and TESTS of the AVERAGE and the ATHLETIC STUDENT in AMHERST COLLEGE: MARCH 1887.

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